

COPE MENTAL HEALTH LIFE SKILLS GROUP

These 45-minute life skills groups run every Monday at 12pm. They are focused on providing learning through information sharing and the development of life and coping skills to support mental and emotional well-being.

UPCOMING TOPICS:

- **Unhelpful Thinking Style: Black & White Thinking (May 31)** - With black-and-white thinking you will tend to see only one extreme or the other. With this thinking, you are either right or wrong, you are either good or bad - there are no in-betweens, no shades of grey, and no middle ground. Join us to learn more about this thinking style and obtain a healthier balance
- **Unhelpful Thinking Style: Catastrophizing (June 7th)**
Viewing a situation as terrible, awful, dreadful and horrible on an ongoing basis can lead to catastrophizing. This style of thinking often begins with the following phrases; “what if?” or “Oh no”. Join to learn more about this thinking style and how to view situations in a healthier way.
- **Self-Compassion (June 14th)**
Self-Compassion is an attitude that involves a certain set of feelings, thoughts, motives, desires, urges, and behaviours that can be directed towards any living thing. This is brief overview addressing the four things we can do to support ourselves.
- **Procrastination (June 21st)**
It is important to remember that everyone procrastinates. However, problematic procrastination can be distinguished from more general procrastination, by how bad the negative consequences are of us not following through on things. A discussion on procrastination activities, excuses, consequences and follow through.
- **Self-Esteem (June 28th)**
As human beings, we tend to place a value or a measure of worth to ourselves or aspects of ourselves. Self-esteem usually refers to how we view and think about ourselves and the value that we place on ourselves as a person. Join us to learn more about healthy self-esteem.



PHONE: 905-668-6223
FAX: 905-668-7190

20 Sunray Street, Unit 5, Whitby, ON L1N 8Y3
Charitable Registration Number #11888 9955 RR0001
www.COMMUNITYCAREDURHAM.ON.CA